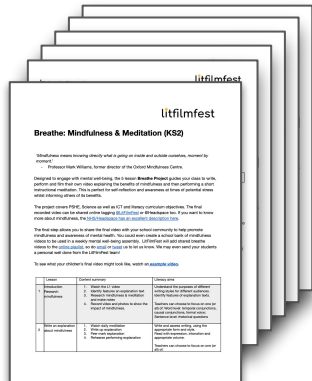
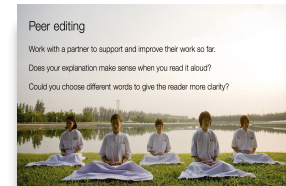
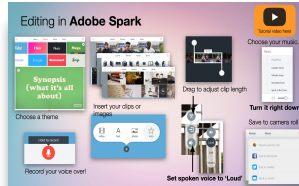
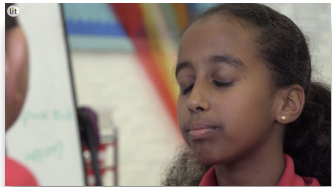




breathe



MINDFULNESS & MEDITATION RESOURCE (DISPLAY PACK ONLY)



Free access to complete writing unit with planning, resources and videos here:
i.mp/BreatheKS2 or i.mp/BreatheKS34



MINDFULNESS & MEDITATION VOCABULARY

litfilmfest



MINDFULNESS & MEDITATION PROMPTS

It is important that we look after our minds in the same way we look after our bodies.

Have you got time to sit and notice what is happening around you and inside you?

Is your breathing slow and steady?

What thoughts fill your mind?

What can you see, hear or feel?

What are you worrying about?

Who could you talk to about your thoughts?

USEFUL VOCABULARY

breathe
mediation
mindfulness
thoughts
clear
mind
aware
conscious

stress
difficulties
challenges

body scan
focus
attention
reflect
visualise

HOW ARE YOU FEELING? - ADJECTIVES

proud open animated bold optimistic
loving sympathetic encouraged
supportive kind clever warm hopeful

tired heavy tearful depressed
hurtful miserable irritated nasty
anxious annoyed resentful nervous

HOW TO MEDITATE - ADVERBS & VERBS

Slowly close your eyes.

Allow your mind to relax.

Gently rotate your shoulders.

Listen carefully to the sounds around you.

Focus on the weight of your body on the chair beneath you.



MINDFULNESS & MEDITATION COMPREHENSION

litfilmfest



WORK IN PAIRS TO READ THE MEDITATION BELOW (OUT LOUD MIGHT HELP). THEN, ANSWER THE QUESTIONS.

Hello. I'm going to lead you through a simple meditation to help you feel calm and relaxed, and ready for your day to continue.

Make sure you are sitting up straight in a comfortable position. Breathe in slowly, right down into your stomach, then breathe out with a sigh. Pause. One more time, this time a little slower and deeper: Breathe in... and then breathe out.

Allow your mind to notice what is happening around you. What can you hear? What can you feel? What is it like for you to be present?

Look at your mind. What is it doing? Notice the thoughts it is having, and allow them to drift gently past you.

Bring a little smile onto your face, and again, breathe in deeply, and out. Feel aware, and feel calm as you practice being mindful and present.

You are now ready to continue your day.

QUESTIONS:

1. How do you think this text should be read out loud? Why?
2. How does the author use punctuation to help you read?
3. What is the author's aim?
How do you know?
4. What do you think is the most important point in the text?
5. Which verbs can you spot?
Why were they chosen?
6. How did the author try to create a sense of calm?

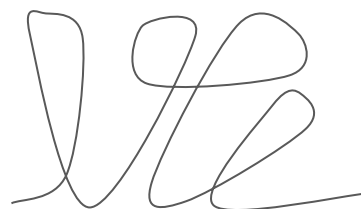
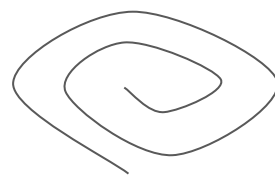


MINDFULNESS & MEDITATION HANDWRITING

litfilmfest



TRACE THE PATTERNS TO WARM UP.



CAREFULLY AND SLOWLY WRITE OUT EACH SENTENCE IN YOUR NEATEST HANDWRITING. FOCUS ON HOW THE PEN OR PENCIL MOVES ACROSS THE PAGE.

Breathe in slowly, right down into your stomach, then breathe out with a sigh.

Breathe in... and then breathe out. Breathe in... and out.

What is happening around you? What can you hear? What can you feel?

Feel aware, and feel calm, as you practice being mindful and present.



Introduction:

Now follow these instructions:

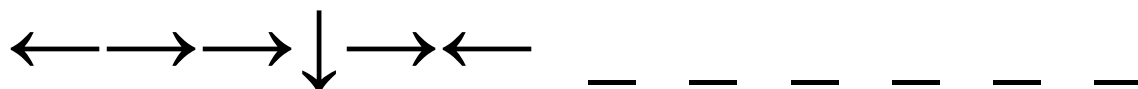


MINDFULNESS & MEDITATION MATHS

litfilmfest



TAKE A DEEP BREATH IN, AND OUT. EXAMINE AND CONTINUE THE PATTERNS BELOW:



DESIGN YOUR OWN REPEATING PATTERNS USING THE SPACES BELOW:

1.										
2.										
3.										
4.										

QUESTIONS:

1. Is there more than one way these patterns can be completed? How many can you find?
2. What do you need to know in order to be able to continue a pattern?
3. Which pattern was hardest to complete? Why?
4. How could you use patterns to show someone how to breathe when they are meditating?

b r e a t h e

litfilmfest

Stop and breathe.
Take a moment to read
one of our meditations.

 litfilmfest

b r e a t h e

What is mindfulness?

Mindfulness is about being aware of, and accepting, what is happening right now in the present. That means looking at what is going on both inside, and outside of your body.

 litfilmfest

b r e a t h e

What is meditation?

Meditation means taking time to train your mind in order to think clearly and calmly.

This can be practiced in different ways, such as mindfulness, or focusing the mind on a particular object, thought or activity.



litfilmfest

b r e a t h e

What is mental health?

Mental health is about our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also changes how we handle stress, relate to others, and make choices.

litfilmfest



**Is your
mind full?**

breathe



Or are you mindful?

breathe

litfilmfest

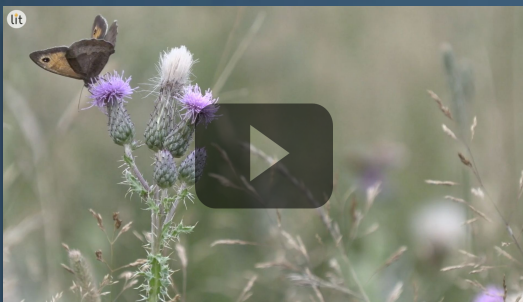
A young child with dark hair and eyes closed is sitting in a lotus position on a light-colored, slightly wet floor. The child is wearing a green and white long-sleeved shirt. The background is a soft, out-of-focus mix of green and yellow, suggesting an outdoor setting with sunlight. A white rectangular box is centered over the child's torso, containing the word "breathe." in a black, lowercase, sans-serif font.

b r e a t h e .



Access complete writing unit with
planning, resources and videos here:
j.mp/BreatheKS2 or j.mp/BreatheKS34

 litfilmfest



b r e a t h e

a mindfulness & meditation english project

supported by content from by



litfilmfest

Breathe: Mindfulness & Meditation (KS2)

"Mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment."

- Professor Mark Williams, former director of the Oxford Mindfulness Centre.

Designed to engage with mental well-being, the 5 lesson **Breathe Project** guides your class to write, perform and film their own video explaining the benefits of mindfulness and then performing a short instructional meditation. This is perfect for self-reflection and awareness at times of potential stress whilst informing others of its benefits.

The project covers PSHE, Science as well as ICT and literacy curriculum objectives. The final recorded video can be shared online tagging @LitFilmfest or @Headspace too. If you want to know more about mindfulness, the [Headspace has an excellent description here](#).

The final step allows you to share the final video with your school community to help promote mindfulness and awareness of mental health. You could even create a school bank of mindfulness videos to be used in a weekly mental well-being assembly. LitFilmfest will add shared breathe videos to the [online playlist](#), so do email or tweet us to let us know. We may even send your students a personal well done from the LitFilmFest team!

To see what your children's final video might look like, watch an [example video](#).

Lesson	Content summary	Literacy aims
1 Introduction Research mindfulness	1. Watch the L1 video 2. Identify features of an explanation text 3. Research mindfulness & meditation and make notes 4. Record video and photos to show the impact of mindfulness.	Understand the purposes of different writing styles for different audiences. Identify features of explanation texts. Teachers can choose to focus on one (or all) of: Word level: temporal conjunctions, causal conjunctions, formal voice. Sentence level: rhetorical questions
2 Write an explanation about mindfulness	1. Watch daily meditation 2. Write up explanation 3. Peer mark explanation 4. Rehearse performing explanation	Write and assess writing, using the appropriate form and style. Read with expression, intonation and appropriate volume. Teachers can choose to focus on one (or all) of:

What else can you find out about mindfulness?

You might need to find:

- Opening sentences giving a broad overview of what mindfulness is and why we should practise

temporal conjunctions

These conjunctions - sometimes called 'time connectives' - allow us to describe **when** things happen related to other events.

Examples:

Today Before First After Now Meanwhile Last During

Can you think of any others? Write a sentence using one of them.



What is mindfulness?

You may have heard that mindfulness - the ability to be fully present in the moment - can have numerous benefits, everything from **decreased stress** and **anxiety** to **increased levels of focus** and happiness, according to general mindfulness research. But what exactly is mindfulness? And, how can you experience its well-known benefits for yourself? Mindfulness is a practice that can be learned by anyone, and it's a skill that can be used in many different ways.

litfilmfest

How to Meditate
An Instruction Text

Do you pack too much into your day? Would you like to take a moment just to yourself, to relax and empty your mind of overcrowded thoughts? An increasing number of people are turning to meditation as a way to do this. In this video, we'll show you how to meditate.

Title (large font)
Subtitle
Introduction
Rhetorical questions

litfilmfest

Welcome to Breathe: What is Mindfulness?
An Explanation Text

What is mindfulness? How does it benefit our thinking? How do we practise good mindfulness? In the Breathe project, we'll write our own explanations about mindfulness, along with meditations to guide others. Finally, we'll teach you how to film your ideas to share with your school community in a LitFilmfest assembly.

What is mindfulness?
Mindfulness is about being present in the moment - paying attention to your thoughts, feelings and the world around you. In our busy lives, we can become distracted and disconnected from what is happening around us and inside us. It's easy to become isolated and just "live in our heads", and not really be aware of how we feel or how we behave.

How busy is your life? Are you always doing something or watching something? It's difficult to just sit and listen to the thoughts in your head? We can become caught up in what's happening in our lives and find it hard to give ourselves time to process our thoughts. Being too busy to feel leads to not understanding what's going on inside us.

Giving ourselves time to understand what our body is feeling, and what our mind is thinking and what is happening in our lives allows us to process important thoughts. Practising mindfulness - having time to look at ourselves and our thoughts - helps us start to see the signs of stress in ourselves and deal with them better. It can take practice and concentration to appreciate what is around you. To stop what you're doing, stop everything that you're doing, and just reflect.

Why make a video?
Once you've made your video, it will be shared in your own LitFilmfest assembly, helping other people to learn about mindfulness and also going through a guided meditation together. Your class could also share videos online or create a selection of calming videos for you and your community to use when they need it. Keep us posted with what you're doing. We're looking for some schools to work with to help make their videos.

So that's you're going to do. Get ready to research and discuss the benefits of Mindfulness. This is going to form the first section of your video. And remember if things are getting too much, if you're feeling stressed, if you can't get to sleep at night or don't know why you're getting angry, just... breathe.

Editing in Adobe Spark

Peer editing

Work with a partner to support and improve their work so far.

Does your explanation make sense when you read it aloud?

Could you choose different words to give the reader more clarity?

Access complete writing unit with planning, resources and videos here: j.mp/BreatheKS2 or j.mp/BreatheKS34